

**ABSTRACT OF THE DISCLOSURE**

A method for regulating a temperature increase rate of a communication device as the communication device transmits data is provided. The communication device transmits the data to a second communication device at a rate set. The method includes monitoring the temperature of the communication device as the communication device transmits data to the second communication device. When the temperature of the communication device exceeds an acceptable temperature, the rate set of the data is throttled in order to decrease the temperature increase rate of the communication device in order to avoid a peak temperature. The communication consumes an amount of output power during a period of time as data is transmitted. The rate set of the data is throttled by either reducing the output power used or reducing the period of time used while the communication device is transmitting to the second communication device.